

TAI CHI

FOR HEALTH AND FUN

presented by Bonnie Yarbrough

certified Tai Chi instructor

When: 4:30-5:30 p.m.
Mondays, beginning April 3.

Where: Weber Center
Common Room
1257 E. Siena Heights Dr.
Adrian, Michigan

Enter the campus at the eastern driveway then follow the signs to the Weber Center.

Cost: First session is free.
Additional sessions are \$3 each; registration is not required.

Details: Wear comfortable, loose clothing. Tennis shoes or socks work best.

For information, call 517-266-4000 or email webercenter@adriandominicans.org.



WHAT IS TAI CHI?

Tai Chi is an ancient exercise that involves slow-paced turning and stretching. It has been shown to help improve circulation, balance and posture; increase strength and flexibility; and reduce stress. The activity is good for all ages.